

CYCLEPATH SAG GUIDELINES

NIGHT BEFORE:

Check the cue sheets, and plug the address of the rest stop(s) into your phone or GPS so you know where you're going. If you have to search for the address, be sure to look at a map and get cross streets that match our cue sheet. Print a copy of each route for yourself, in case all cue sheets are gone or no one can print them that day. We're all supposed to be supplying our own cue sheets.

Bring a trash bag for empty bottles & other recyclables; many of these stores don't recycle and we had a lot of requests for it. I turned my car's trash container into a recycle container. I'll take them home if you don't want to. Some things to pack in your car: bike pump, sun screen, bug spray (for yourself at the pit stop), hat, camp chair, fully charged phone.

MORNING OF RIDE:

At the Grocery Bag: Don't "wait for someone to open the door" at the store, just say hi to the staff and make your way to the back room. There are two coolers and three traffic cones to obtain.

Fill both water containers about half full with ice, then top off with water. If it's very hot I often bring a personal cooler and put some ice and a scoop in it, so people can cool off their warm bottles, or make ice packs for their head/neck. We only provide water, not Gatorade. Riders are supposed to buy their Gatorade and snacks from the stores. The cones should be near the coolers.

Try to take some extra cue sheets with you, but leave a few at the start for stragglers. Lots of folks have been changing their routes at the pit stop (nice to have that option!!) or lost their cue sheets, or never bothered to get them.

MORNING OF RIDE:

Take attendance during the announcements. An attendance sheet will be available to SAG drivers before each ride via email from Team Captain. New riders should provide their name and email. Please report data back to Team Captain via email (cycling@buie.us).

Wait ~10 minutes after the groups leave. It gives you a chance to help any stragglers, and those with break downs right out of the gate. Then take the highway straight to the rest stop to meet the faster riders. Remain at rest stop until all groups have cleared. Then follow the last groups route back to Flowers, remaining there until the last group arrives or you have sufficient information that you don't need to stay.

AFTER THE RIDE:

When you're done, rinse out the water containers and leave them upside down to dry. Be sure to return the sign, medical kit, and map (if you had them). If you have leftover gear from any riders just hang on to it, post the info to either the Cyclepath's Facebook page, or send an email to our GoogleGroup.

Thanks for making the Cyclepath Training Rides so fun!!